

9 Reasons Why Supplements Are Critical to Your Diet

Diseases and cancers are widespread in our countries, many of them nutrition related. A large percentage of people are faced with depression, fatigue and ongoing ailments.

Many in America have followed the USDA suggestions for meal plans, and over half the population are consuming a lower quality multi-vitamin. In contrast, communities are also educated the proper diet alone should suffice for all the nutrients needed by the body, but is it *really enough*?

Here are nine reasons why high-quality supplements are a must:

1. Standard American diet. In order to nourish the body and mind, more is needed than a variety of grains, legumes and dairy products. Each of these foods is void of nutrition, holds toxins and tends to take away nutrients from the body. For many, grains and legumes cause damage to the body, which further adds to nutrient depletion. Dairy also can cause ongoing inflammation within the body.

2. Depleted soils. Farmers plant crops year after year and do not allow the lands to rest, causing soil depletion. This, in turn, causes a loss of nutrients in foods. The farming industry is well-aware of this, and they add fertilizers to help plants “survive.” Modern methods for growing fruits and veggies are used to add more sugar content (enhanced flavor), and not increase value nutritionally.

According to *Not on the Label*, plants grown in this manner have three-fourths fewer micronutrients. If animals consume nutritionally lacking plants, they are also undernourished. One study in the United Kingdom shows the following declines in copper intensities: dairy (90 percent), meat (55 percent) and veggies (75 percent).

3. Depleted Minerals in water. Current production methods have depleted mineral reserves found in water. Many families use water filters to “filter out” unsafe measures of toxins while decreasing consumption of needed magnesium. It is strongly possible individuals consuming water higher in calcium content are developing heart disease due to the lack of magnesium content.

4. Low-nutrient diet plans. Lower-calorie diets are followed by many trying to shed extra pounds. Low-calorie diets are also low-nutrient diets. Food quality *truly matters*, and the body is naturally made to want to “consume more” if it is *not* being given the *right kind* of nutrition.

5. Grain-fed cattle and conventional dairy. When animals such as cattle are fed grains, they will become malnourished over time. Giving grains provides low levels of antioxidants, micronutrients, fatty acids, minerals as well as vitamins. Grain-fed meat is also more susceptible to carrying toxins, as compared to grass-fed.

Most grocery store milk and dairy products are not nutritionally good for you. Nutrient content is reduced, and the process of pasteurization kills much of the nutrients. Although not all grain-fed meat and conventional dairy may be avoided, it is definitely a good idea to add high-quality supplements.

6. Exposure to toxins. The body needs sound nutrition to remove toxins that may be present. If the body is lacking, then it cannot deal sufficiently. God created our bodies to consume natural foods that do not suffer the conditions presented above.

Our food supply has dramatically changed, so it is truly necessary to add high-quality supplements the body can use. Our bodies also deal with more and more toxins every day (plastic toxins, water toxins, industrial toxins, food toxins,

stress). Therefore, if we choose to live healthy lives, then we *must choose* healthy supplements.

7. Malabsorption with age. Research studies provide evidence children need more nutrients to grow healthy and strong. Other studies also show as people age (and take more medications) nutrient absorption becomes problematic. Nutrients are needed in a more absorbable form in the body.

8. Increasing nutritional needs with exercise. Exercise can substantially deplete reserves in the body. Therefore, more nutrients are definitely needed. Athletes are well-known for suffering from deficiencies in nutrition by adding more low-nutrient foods that contain more toxins. Exercise increases the nutritional needs of the body.

9. High-quality supplements add life. Every day we make decisions that allow us to “choose life” or “choose death.” This includes the area of nutrition and health. High-quality supplements, which are specifically made to *add life* to the body, are *a must*. A good supply of the right nutrients will prolong life expectancy and add to the quality of living.
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